

**Racial Sleep Duration Disparities: Exploring whether there are urban environmental and health differences in sleep durations for blacks and whites**

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*Objective:* To explore potential differences in sleep duration between blacks and whites residing in similar urban neighborhoods.

*Methods:* Study included 1,207 participants from the Healthy Aging in Neighborhoods of Disparities across the Life Span (HANDLS) study ( $M$  age = 47;  $SD$  = 8.74). Socio-demographic measures included age, sex, race, education, poverty status, and perceived neighborhood disorder. Mental health status was assessed using measures of vigilance, depression, and perceived stress. For physical health status, we measured coronary artery disease (CAD), diabetes, blood pressure, and inflammation. Sleep duration was assessed by a self-report of hours of nightly sleep in the past month.

*Results:* No significant differences in sleep duration were observed between blacks and whites. Inadequate sleep was associated with greater depressive symptoms for both blacks and whites. In just whites, inadequate sleep was also associated with poverty, lower levels of education, perceived neighborhood disorder, reduced vigilance, CAD and greater body mass index. In blacks, inadequate sleep was associated with inflammation.

*Conclusions:* Racial disparities in sleep duration are minimized when the environment is equivalent between blacks and whites. Environmental stressors and inadequate sleep may explain differential health outcomes between blacks and whites.